

B2 Sub C3 4. (Amended) A food supplement which comprises a substance which provides at least one function selected from the group consisting of enhancing insulin activity and mimicking [can enhance and/or mimic] insulin activity, and [a source of] amino acids.

B3 Sub C4 8. (Amended) A food supplement which increases nitrogen retention in the body comprising a substance which increases nitrogen retention, and [a source of] amino acids.

11. (Amended) A food supplement comprising a glycosidal saponin, glucomannan D-chiro-inositol, myo-inositol, and [a source of] amino acids.

12. (Amended) A food supplement comprising a glycosidal saponin, glucomannan myo-inositol, and [a source of] amino acids.

B4 Sub C8 13. (Twice Amended) A supplement according to claim 1 wherein the [source of] amino acids comprise [is selected from the group consisting of WPI 97, Whey Peptides, WPC 80, ION EXCHANGE, lactoferrin, and] whey protein or a whey protein derivative.

14. (Amended) A food supplement comprising a substance which increases nitric oxide production in the body, and[,] whey protein or a whey protein derivative.

15. (Amended) A supplement according to claim 14 [wherein the whey protein is WPI 97, Whey Peptides, WPC 80, or ION EXCHANGE] comprising a whey protein derivative.

*Cont*  
16. (Amended) A supplement according to claim 14 [wherein the whey protein is] comprising a combination of two or more [of WPI 97, Whey Peptides, WPC 80, or ION EXCHANGE] whey protein derivatives.

*S*  
19. (Amended) A food supplement comprising [1mg-3000 mg] 1mg-3000mg glycosidal saponins; 1mg-2000mg ~~myo-inositol~~; 1mg-2000mg d-chiro-inositol; 10mg-4000mg glucomannan; and [a source of] amino acids.

*Sub C10*  
*B5*  
20. (Amended) A food supplement according to claim 19 [wherein the] comprising 150mg to 1500mg glycosidal saponins [comprise 150mg to 1500mg]; [the] about 100mg to 2000mg myo-inositol [comprises about 100mg to 2000mg]; and [the] 25mg to 2000mg glucomannan [comprises 25 mg to 2000mg].

21. (Amended) A food supplement according to claim 19 [wherein the] comprising 50mg to 500mg glycosidal saponins [comprise 50mg to 500mg]; [the] about 200mg to 1000mg myo-inositol [comprises about 200mg to 1000mg]; and [the] 50mg to 1000mg glucomannan [comprises 50mg to 1000mg].

22. (Amended) A food supplement according to claim 19 [wherein the glucomannan comprises] comprising 100mg to 500mg glucomannan.

23. (Amended) A food supplement according to claim 19 [wherein the glycosidal saponins comprise] comprising about 50mg glycosidal saponins.

Sub C10 Cont  
B5  
24. (Twice Amended) A food supplement according to claim 19 wherein the [source of] amino acids [is] comprise whey protein.

25. (Amended) A method for increasing an athlete's lean muscle mass and strength [supplementing the diet of an athlete], comprising administering to the [diet of the] athlete [an effective amount of] a food supplement comprising a substance which increases nitric oxide production in the body, and [a source of] amino acids.

Sub C12  
B6  
28. (Amended) A method for increasing an athlete's lean muscle mass and strength [supplementing the diet of an athlete], comprising administering to the [diet of the] athlete [an effective amount of] a food supplement comprising a substance which provides at least one function selected from the group consisting of enhancing insulin activity and mimicking [can enhance and/or mimic] insulin activity, and [a source of] amino acids.

B7 Sub C15  
32. (Amended) A method according to claim 31, wherein the supplement is administered to the [diet of the] athlete on a daily basis.

Sub C17  
B8  
34. (Amended) A method for increasing muscle mass and or strength of an individual, comprising administering to the individual [diet of the athlete an effective amount of] a food supplement comprising a substance which increases nitric oxide production in the body, and [a source of] amino acids.

B9 Sub C19  
37. (Amended) A method for increasing muscle mass and or strength of an individual comprising administering to the individual [diet of the athlete an effective amount of] a food supplement comprising a substance which provides at least one function selected from the group consisting of enhancing insulin activity and mimicking [can enhance and/or mimic] insulin activity, and [a source of] amino acids.

B10 Sub C22  
41. (Amended) A method according to claim 40, wherein the supplement is administered to the [diet of the athlete] individual on a daily basis.

B11 Sub C24  
43. (Amended) A method for increasing an athlete's lean muscle mass and strength [supplementing the diet of an athlete], comprising administering to the [diet of the] athlete [an effective amount of a supplement comprising] a food supplement comprising a substance which increases nitric oxide production in the body [andwhey] and whey protein.

B12 Sub C26  
46. (Amended) A method for increasing an athlete's lean muscle mass and strength [supplementing the diet of an athlete], comprising administering to the [diet of the] athlete [an effective amount of] a food supplement comprising a substance which [can enhance and/or mimic] provides at least one function selected from the group consisting of enhancing insulin activity and mimicking insulin activity, and whey protein.

B13 Sub C29  
50. (Amended) A method according to claim 48, wherein the supplement is administered to the [diet of the] athlete on a daily basis.

52. (Amended) A method for increasing an athlete's lean muscle mass and strength [supplementing the diet of an athlete], ~~comprising~~ administering to the [diet of the] athlete [an effective amount of] a food supplement comprising [1mg-3000 mg] 1mg-3000mg glycosidal saponins; 1mg-2000mg myo-inositol; 1mg-2000mg d-chiro-inositol; 10mg-4000mg glucomannan; and [a source of] amino acids.

Sub  
C31  
53. (Amended) A method according to claim 52 wherein the supplement comprises [glycosidal saponins comprise] 150mg to 1500mg glycosidal saponins; [the myo-inositol comprises] about 100mg to 2000mg myo-inositol; and [the glucomannan comprises] 25 mg to 2000mg glucomannan.

B14  
54. (Amended) A method according to claim 52 wherein the supplement comprises [glycosidal saponins comprise] 50mg to 500mg glycosidal saponins; [the myo-inositol comprises] about 200mg to 1000mg myo-inositol; and [the glucomannan comprises] 50mg to 1000mg glucomannan.

55. (Amended) A method according to claim 52 wherein the [glucomannan supplement] comprises 100mg to 500mg glucomannan.

56. (Amended) A method according to claim 52 wherein the supplement comprises [glycosidal saponins comprise] about 50mg glycosidal saponins.

*Sub C31*  
57. (Twice Amended) A method according to claim 52 wherein the [source of] amino acids [is] comprise whey protein.

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Please add the following claims 58-61:

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*Sub C32*  
--58. (NEW) A food supplement comprising a component which increases nitric oxide production in the body, and amino acids, the food supplement being in powder or granular form.--

*B15*  
--59. (NEW) A food supplement comprising a first component selected from the group consisting of glycosidal saponins, ginseng, L-arginine, N-acetyl cystine, folic acid, and mixtures thereof, and a second component comprising whey protein, wherein the whey protein is included in the food supplement in an amount of from about 0.01mg to about 1000mg per gram of food supplement.--

--60. (NEW) A food supplement according to claim 59, comprising from 13mg to 11,000mg of the first component, per 28g of the food supplement.--

--61. (NEW) A food supplement according to claim 59, comprising from 275mg to 5500 of the first component, per 28g of the food supplement.--

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#### REMARKS

The Official Action dated April 10, 2000 has been carefully considered. Accordingly, the changes presented herewith, taken with the following remarks, are believed sufficient to place the present application in condition for allowance. Reconsideration is respectfully requested.